Beef Tallow — One Of The Best Sources Of Life-Sustaining Fats

JB bartoll.se/2025/05/beef-tallow-healthy-fats

Joachim Bartoll May 13, 2025

UNGOVERNABLE
Uncensored Online Community – Join Us Now!

What's So Great About Beef Tallow?

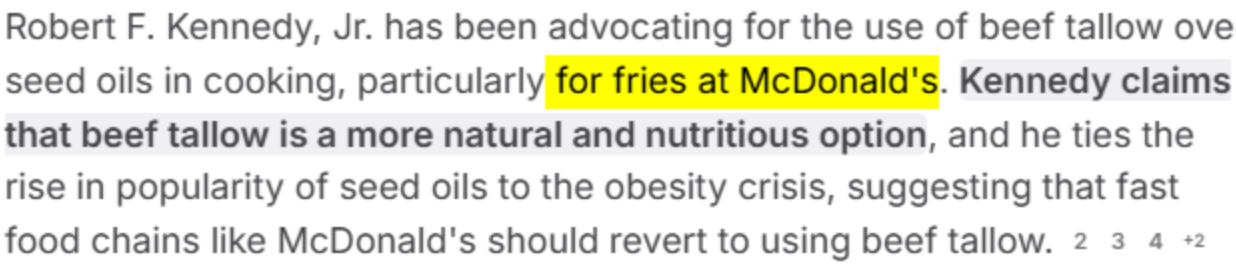
4 days ago

by Matt Weik, BS, CSCS, CPT, CSN

It seems like nutrition advice goes back and forth with each passing year. Now, beef tallow is making a comeback.

The latest news is that companies like Steak 'n Shake, Outback Steakhouse, Popeye's, and Buffalo Wild Wings (among others) are switching back to using beef tallow instead of seed oils.

Well, look at that, the fitness-expert-wannabe Matt Weik of Iron Magazine is trying to redeem himself with an article about beef tallow after pushing dangerous and deadly plant-based diets, toxic supplements, and overall life-shortening nutrition advice. It's obvious that he's been influenced by the controlled opposition and puppet Robert F. Kennedy Jr. and the recent beef tallow vs seed oils debate when it comes to extremely toxic high heat cooking, as in the food at McDonald's and similar degenerate places.


Robert F. Kennedy, Jr. has been advocating for the use of beef tallow over seed oils in cooking, particularly for fries at McDonald's. **Kennedy claims that beef tallow is a more natural and nutritious option**, and he ties the rise in popularity of seed oils to the obesity crisis, suggesting that fast food chains like McDonald's should revert to using beef tallow. 2 3 4 +2

These controlled puppets will spit out some half-truths only to create division and fuel the fire for the enemy who is pushing the plant-based narrative to keep us all sick, docile, weak, and dependent. This will get some of the gullible opposition to flock to Kennedy and Trump's camp and then they recommend some other poison instead that these people never would have thought of before, such as the deadly Ivermectin, Hydroxychloroquine or retarded stuff like Colloidal silver. If you have skeptics that refuse the vaccine, lure them in with other just as deadly drugs like Ivermectin. If you have people who see the problems with seed oils, get them to cook the just as toxic and deadly plant-based food on high heat with an alternative — as long as they do not find out that humans are obligate hyper carnivores and that we should only consume animal-based foods to thrive and be healthy, preferably minimally cooked or raw!

That is how controlled opposition works. If you're hesitant or against something, they will lure you in, and either give you another just as toxic alternative, or they will give you a band-aid solution, while keeping you in the same illusion, doing the same stupid things. The latter was what the silly beef tallow vs seed oil debate was all about. Anyone with a brain should know that beef tallow is natural and healthy while seed-oils are volatile, rancid/oxidized, and extremely toxic. Still, the difference is not that great if you still fry your food, as all plant-based foods are toxic and if you fry or cook meat at higher temperatures, most of the nutrition will be lost and you might even cause toxic heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs.) HCAs form when amino acids, sugars, and creatine or creatinine in meat react at temperatures above 300 ºF (about 150 ºC.) Of course, they won't tell you this, as they still want you to be weak, sick, docile, and dependent on their care and solutions.

So, let's see what Matt had to say, and I will shorten his article a bit, keeping what is relevant, or this will be too long to read.

> *"It seems like nutrition advice goes back and forth with each passing year. Now, beef tallow is making a comeback."*

Yes, it's part of the agenda to make people mentally drained and easier to control. Most people will not care and will simply go on doing what they've always done — or they will latch on to some headline and use it as an excuse for their guilty pleasures. Those who are a bit more curious will either bite and switch sides, or they will reject the information and reinforce their current beliefs. And if they bite, they are simply herded into another camp of mostly disinformation and other toxic practices. I explained this above and I've covered it in many of my older articles about how our world works.

> *"The latest news is that companies like Steak 'n Shake, Outback Steakhouse, Popeye's, and Buffalo Wild Wings (among others) are switching back to using beef tallow instead of seed oils.*
>
> *Additionally, you've probably seen it trending on social media (especially people talking about it on TikTok). There have even been some health experts and chefs talking about it.*
>
> *But the question comes down to: What's so great about beef tallow? Why are more restaurants switching to it? And is this something you should actually care about?"*

You forgot to mention who actually started it, as in the controlled little Jesuit puppet Robert F. Kennedy Jr. and the Jesuit actor Donald Trump playing the role of the US. President on the world stage of theatrics.

What is Beef Tallow?

> *"Beef tallow is a rendered form of beef fat. When you cook down beef fat, strain it, and let it solidify, you get tallow. You may be saying, "That doesn't sound healthy." But it actually is — most animal fats are."*

Most animal fats? That should read as "all animal fats are healthy." That is very simple and basic biology and biochemistry. Humans are animals and as a species we are classified as obligate hyper carnivores. All animals are constructed the same way as we are and everything we can consume from an animal is chemically identical to how we store nutrients, whether it be protein, fats, vitamins, or minerals. That is why all animal-based foods are organic, fully bioavailable, bioactive and completely non-toxic to humans, while all plant-based foods are chemically incompatible, inorganic and very toxic, which means that they require bioconversion — a very limited process that also creates toxic residues and leave behind a lot of non-converted inorganic toxic compounds.

According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal-based foods to thrive.

According to biochemistry, animals store nutrients in similar chemical forms as humans, making nutrients in animal-based foods **highly bioavailable and bioactive**. These nutrients typically require no conversion and are non-toxic, as they are already in a form that the human body can readily use. [2] [3]

kevinstock.io
Vitamins and Minerals - ...

tandfonline.com
Full article: Comparative...

pmc.ncbi.nlm.nih.gov
Bioavailability of bioacti...

Plant Nutrients Require Conversion

According to biology, physiology, and biochemistry, vitamins, minerals, proteins, and unsaturated fats found in plants have distinct chemical structures that differ from those found in human tissues. This chemical disparity renders these plant-derived molecules non-bioavailable to humans, meaning they cannot be directly utilized by the body without modification.

Chemical Differences: According to biology and biochemistry, plants are chemically different from humans, which affects the bioavailability of their nutrients.

- **Bioavailability and Conversion**: The nutrients in plants are not readily bioavailable to humans, and the conversion process can lead to oxidation, which may cause harm to the body.
- **Toxic and Damaging Defense Chemicals**: Plants contain toxic and damaging defense chemicals, such as phytochemicals, which can have both positive and negative effects on human health.
- **Antinutrients and Heavy Metals**: Plants also contain antinutrients, which can interfere with the absorption of nutrients, and heavy metals, which can be toxic to humans in large amounts.
- **Pesticide Residues**: Additionally, plants may contain pesticide residues, which can be harmful to human health if consumed in excess.

Introduction to Biochemistry and Compatibility: According to biology and biochemistry, plant-based nutrients and compounds have distinct chemical structures compared to those found in humans. This difference in chemical structure means that these compounds are not directly compatible with human biology.

- **Conversion Process**: To be utilized by the human body, these plant-based compounds must undergo conversion. However, this conversion process is often inefficient, yielding limited amounts of usable nutrients.
- **Toxic Residues and Cell Oxidation Damage**: Furthermore, the conversion of plant-based compounds can lead to the production of toxic residues and cause cell oxidation damage. This highlights the complex relationship between plant-based nutrients and human biochemistry, emphasizing the need for careful consideration of dietary choices and their impact on human health.

ncbi.nlm.nih.gov
Biochemistry, Nutrients ...

britannica.com
Biochemistry | Definition...

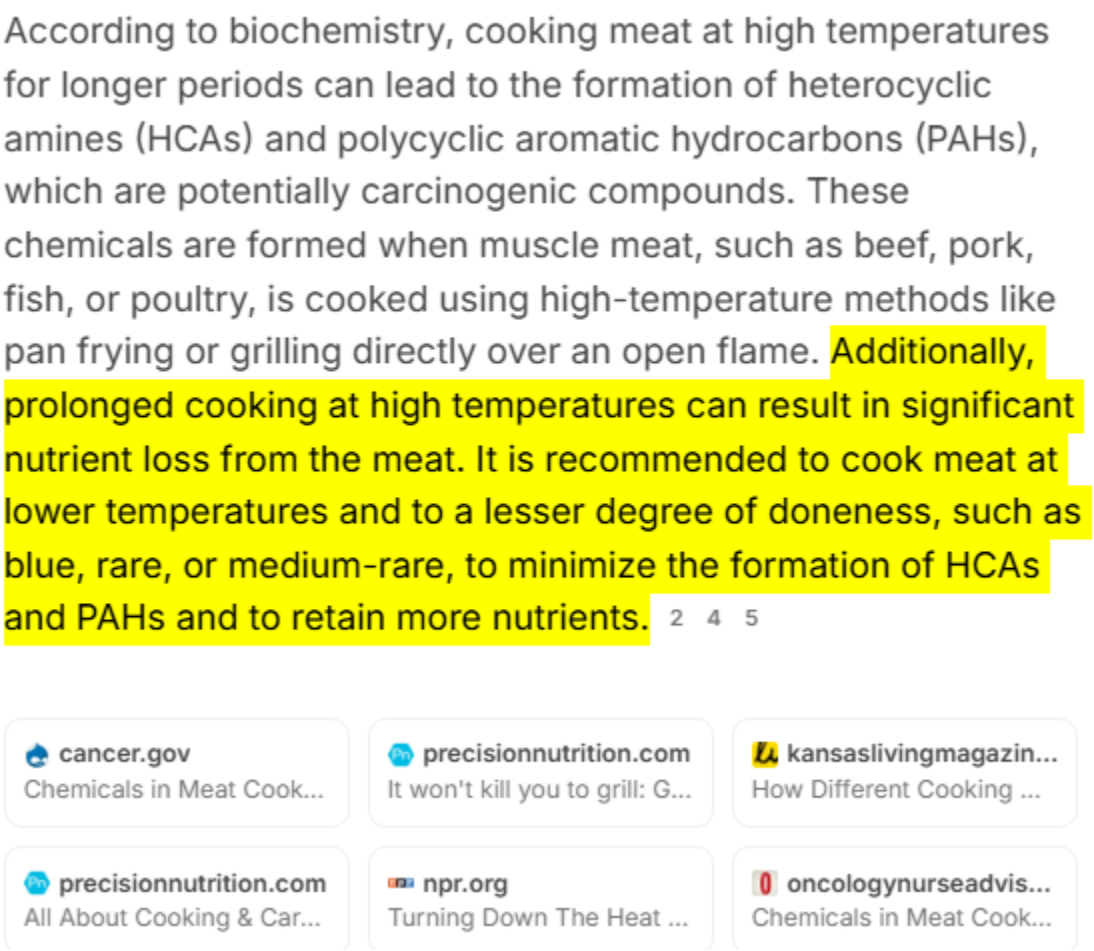
guides.hostos.cuny....
Chapter 3 - Organic Co...

So, all animal fats are identical to our own fats, which means that they are all healthy and non-toxic. Simple biology and biochemistry, and also common sense.

As for beef tallow, it's cooked down beef fat on lower temperatures that keep the saturated fat intact.

> *"Beef tallow is solid at room temperature, shelf-stable, and has been used for centuries in cooking, skincare, and even candle-making.*
>
> *Back in the day, McDonald's used beef tallow to fry their fries. People still talk about how much better those fries used to taste. Today, those same fries are loaded with a bunch of unnecessary ingredients."*

Yes it is, but that does not mean that cooking is good. It's not. The higher the temperatures and the longer you cook, the more nutrients are destroyed and the higher the risk of toxic compounds forming. If you need to cook, do it at low temperatures and make sure the meat is rare and absolutely not cooked more than medium rare.


According to biochemistry, cooking meat at high temperatures for longer periods can lead to the formation of heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), which are potentially carcinogenic compounds. These chemicals are formed when muscle meat, such as beef, pork, fish, or poultry, is cooked using high-temperature methods like pan frying or grilling directly over an open flame. Additionally, prolonged cooking at high temperatures can result in significant nutrient loss from the meat. It is recommended to cook meat at lower temperatures and to a lesser degree of doneness, such as blue, rare, or medium-rare, to minimize the formation of HCAs and PAHs and to retain more nutrients. 2 4 5
cancer.gov
Chemicals in Meat Cook...
precisionnutrition.com
It won't kill you to grill: G...
kansaslivingmagazin...
How Different Cooking ...
precisionnutrition.com
All About Cooking & Car...
npr.org
Turning Down The Heat ...
oncologynurseadvis...
Chemicals in Meat Cook...

As for fries, they're toxic garbage no matter how they're made, as the ingredients come from plants. Also, being made of potatoes, they contain mostly carbohydrates, as in sugars, which is even more toxic when combined with fats, especially if these fats get damaged (which will

happen with all seed oils, and even with beef tallow if heated for too long or/and at high temperatures.)

Why the Sudden Push for Beef Tallow (Again)?

> *"People are starting to wake up (or at least they are following social media trends).*
>
> *They're realizing that the so-called "heart-healthy" vegetable oils (like canola, soybean, and sunflower — ingredients used in your McDonald's fries) aren't exactly doing us any favors when it comes to our health and waistline.*
>
> *These seed oils are highly processed, oxidize easily under heat, and can lead to inflammation when consumed regularly."*

Again, it was started by controlled opposition to cause division with droplets of the truth and then to herd those who listened and keep them in the food industry illusion of mostly plant-based toxic garbage and cooking food at high temperatures.

As for the rest, yes. And as for inflammation, that is simply the body's natural response to damage. Inflammation indicates that detoxification, healing and tissue repair is taking place — damage caused by consuming toxins, as in this case, seed oils.

Within physiology and biology, it is widely recognized that **inflammation is an integral part of the tissue repair and healing process**. This response is triggered by tissue damage or injury, and its primary function is to facilitate the removal of damaged cells and debris, as well as to promote the repair and regeneration of affected tissues.

In Summary, within physiology and biology, inflammation is understood as a vital response that enables tissue repair, healing, and detoxification. This multifaceted process ensures the maintenance of tissue integrity and function, while also protecting against the accumulation of toxic substances.

Detoxification and Inflammation Response
Inflammation can indeed arise as a natural response to the detoxification of tissue. This process involves the body's mechanisms to remove harmful substances and repair damaged tissues. During detoxification, damaged cells release signals that initiate an inflammatory response. This response includes the release of various chemicals and the recruitment of cells to the affected area, which helps in clearing out toxins and initiating the healing process. The inflammatory response is characterized by redness, swelling, heat, and pain, which are physical manifestations of the body's efforts to protect and heal itself.
medlineplus.gov
Immune response: Medli...
my.clevelandclinic.org
What Is Inflammation? T...
aacijournal.biomedc...
An introduction to immu...
+ 3 more

> *"Beef tallow, on the other hand, is a natural fat. No chemical extraction. No industrial processing. Just rendered animal fat.*
>
> *It's simple. It's traditional. And our ancestors thrived on it."*

Yes, this might have been the first really good and correct thing you ever said, Matt. Congratulations.

> *"Is it just me, or does it seem like our ancestors had things right, and then big companies came in to cut costs and lower the quality of food, which essentially makes us sick and big pharma rich? Am I the only one seeing this trend?"*

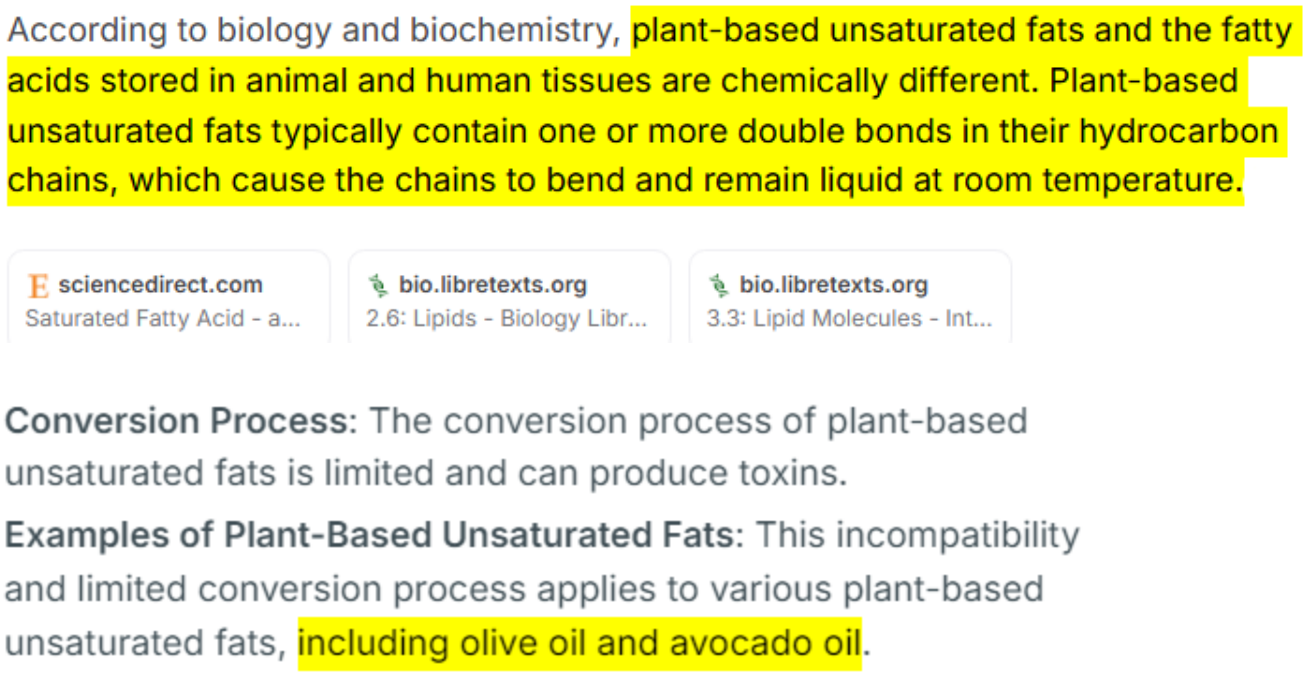
No, I've covered and explained this for more than 10 years now. Funny though that you Matt still shill for the food industry and the supplement industry, pushing toxic plant-based and artificial toxic crap. Last week you pushed three different toxic supplements that allegedly would "burn" body fat. And the week before that you pushed bread, the most worthless and toxic slave "food" in history of mankind. And on it goes, as I've corrected you many, many times.

The Nutritional Profile of Beef Tallow

> *“Beef tallow isn’t just about taste — it has some solid nutrition behind it.*
>
> *It’s rich in:*
>
> - *Saturated fats (which are not the enemy, despite old-school advice)*
> - *Monounsaturated fats (like the kind in olive oil)*
> - *Vitamins A, D, E, and K (all fat-soluble)*
> - *Conjugated linoleic acid (CLA), which may support fat loss and overall health*
>
> *It also has a high smoke point (around 400°F) making it perfect for high-heat cooking.”*

Yes, that is mostly correct, but for f**k’s sake Matt, you should never do any “high-heat cooking!” I’ve already explained that.

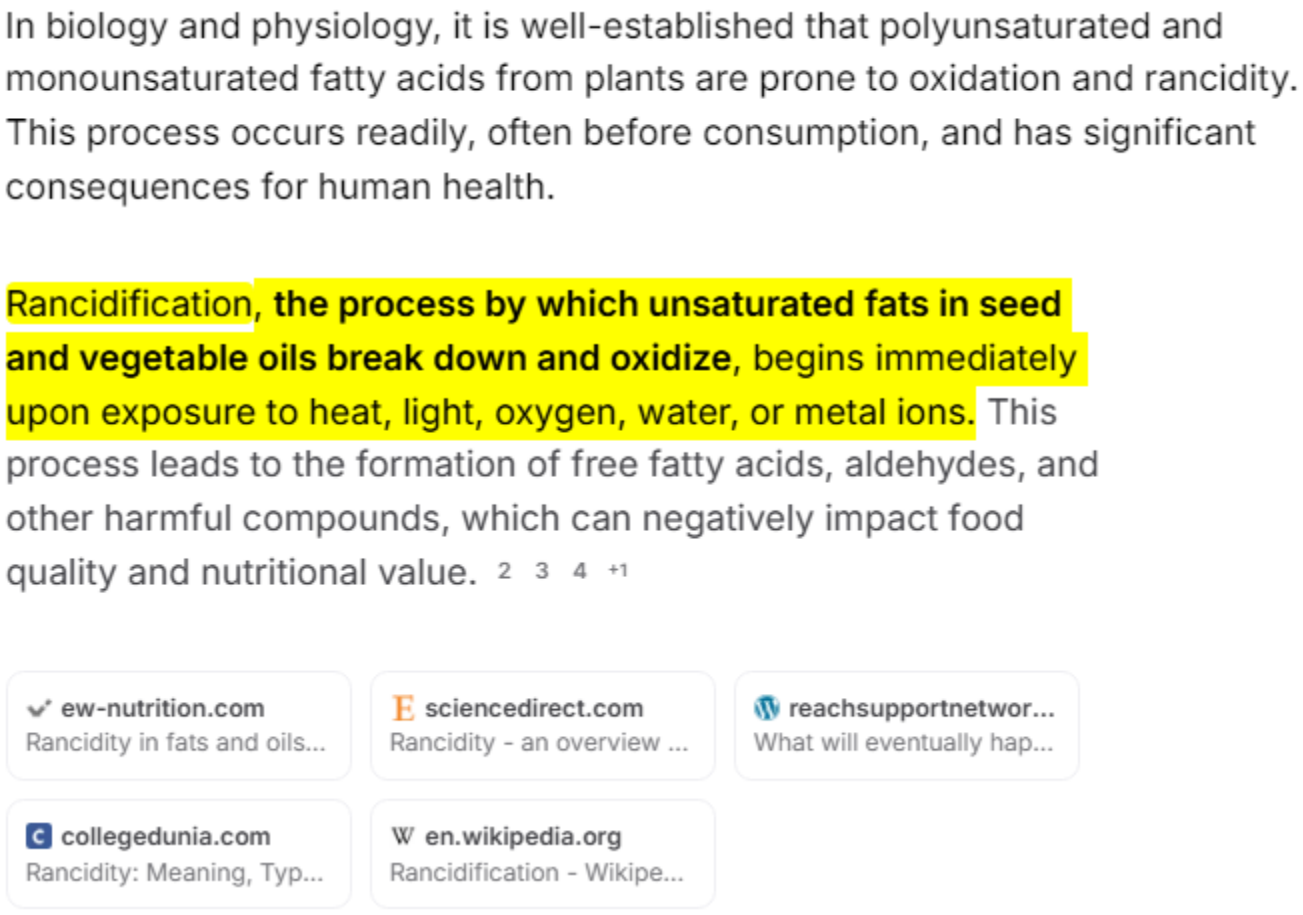
And as for animal-based monounsaturated fats, they are NOT anything like the toxic and useless monounsaturated fats in olive oil. Again, all fats in plants are chemically incompatible like any nutrient and need to be converted. This also makes them extremely unstable and volatile. They are always somewhat rancid before even consumed and in the body not all of the fatty acids are converted, which leaves a lot of unconverted fatty acids together with the already oxidized fats that will do great damage, especially to your cardiovascular system. Never ever consume any seed/vegetable oils, ever!


According to biology and biochemistry, plant-based unsaturated fats and the fatty acids stored in animal and human tissues are chemically different. Plant-based unsaturated fats typically contain one or more double bonds in their hydrocarbon chains, which cause the chains to bend and remain liquid at room temperature.
sciencedirect.com
Saturated Fatty Acid - a...
bio.libretexts.org
2.6: Lipids - Biology Libr...
bio.libretexts.org
3.3: Lipid Molecules - Int...
Conversion Process: The conversion process of plant-based unsaturated fats is limited and can produce toxins.
Examples of Plant-Based Unsaturated Fats: This incompatibility and limited conversion process applies to various plant-based unsaturated fats, including olive oil and avocado oil.

> *“Also, beef tallow doesn’t oxidize or break down easily like seed oils do when they’re heated. That means less inflammation in your body, which is a good thing as our bodies are already inflamed to the max.”*

Exactly, and yet you mentioned “olive oil” above like some retard. Get a grip Matt, this is very basic biochemistry.

And as a note, it’s not only heat that oxidizes the unstable plant-based oils, as in monounsaturated and polyunsaturated fats. They also oxidize and break down from exposure to light, contact with oxygen, contact with water, and in the presence of metal ions.


In biology and physiology, it is well-established that polyunsaturated and monounsaturated fatty acids from plants are prone to oxidation and rancidity. This process occurs readily, often before consumption, and has significant consequences for human health.
Rancidification, the process by which unsaturated fats in seed and vegetable oils break down and oxidize, begins immediately upon exposure to heat, light, oxygen, water, or metal ions. This process leads to the formation of free fatty acids, aldehydes, and other harmful compounds, which can negatively impact food quality and nutritional value. 2 3 4 +1
ew-nutrition.com
Rancidity in fats and oils...
sciencedirect.com
Rancidity - an overview ...
reachsupportnetwor...
What will eventually hap...
collegedunia.com
Rancidity: Meaning, Typ...
en.wikipedia.org
Rancidification - Wikipe...

Based on the provided search results, here are the health dangers associated with consuming rancid oils:

- **Gastrointestinal Irritation**: Rancid oils can irritate the first part of the small intestine and bile ducts, leading to inflammation and discomfort

So, the breakdown and oxidation begins the moment they are processed and even before they are bottled, and then that toxic process continues when the oil is stored in the bottle and accelerates once again the moment you open that bottle, and especially when you use it and even more so if heated in a metal pan or skillet. Again, never ever consume seed/vegetable oils!

Beef Tallow and Clean Eating

> *"If you're trying to eat clean and stick to whole foods, beef tallow is the way to go.*
>
> *It's not ultra-processed. It doesn't come from genetically modified crops. And it's as natural as it gets."*

Damn Matt, that's the second correct thing you've said.

> *"Some people are even using beef tallow in place of butter or coconut oil. They cook their eggs in it, roast veggies in it, and even use it to season cast iron skillets.*
>
> *It's keto-friendly. Paleo-approved. Carnivore-loved."*

Butter is still ok, although I use it more as a snack and to make sure I get plenty of life-sustaining fats every day. Coconut oil is plant-based and the alleged "saturated fats" in coconut oil is not chemically the same as saturated fats from meat, as found in our bodies. It's simply a classification, and a very bad one. Do not consume coconut oil!

And using it for roasting veggies? Are you stupid? Why would you willingly poison yourself with species inappropriate and toxic edibles? Get a grip Matt!

But is Beef Tallow Actually Healthy?

> *“That’s the big question.*
>
> *For years, saturated fat got a bad rap. But now, more research is showing that not all saturated fats are created equal.”*

I already explained this. Saturated fats, like all animal fats, are chemically identical to the fats in our bodies. They are fully natural and thus totally harmless. As for not all saturated fats being created equal, well that’s a matter of chemical classification. If they are from animals then they are all equal. If they are heavily heated or from a plant source, like the coconut’s saturated fat, then they’re not equal. Plants are chemically different and high heat will alter the chemical bonds and break it down, making it toxic.

And as you all know, the retarded studies pointing out saturated fats as bad are from diets with highly processed deli meats, as in foodstuffs that contain damaged saturated fats from high heat and heavy processing, combined with a ton of chemicals. Of course, they try to blame regular healthy and natural meat for what the food industry’s processing did to a few Frankenstein foods, trying to group all types of meat together, whether processed or not. That’s the extreme dishonesty and deceit of the government-, food industry-, and big pharma shills who are doing their best to make sure that you are as unhealthy and unfit as possible, so they can control you every step from the cradle to the grave.

> *“Beef tallow is a naturally occurring fat. It doesn’t come from a lab. It doesn’t need to be bleached or deodorized.”*

There, you said it yourself Matt, it is naturally occurring! And if you simply use your brain, just a little, you'll understand that saturated fats from animals are identical to the saturated fats in our own bodies. Heck, even herbivores in nature eat small animals and eggs whenever they can to get more nutrition and especially animal fats, as their plant based diet is not enough to sustain them and to keep the toxic load within manageable levels.

> *"Some studies suggest that animal fats like beef tallow may support hormone production, brain function, and overall energy."*

Not only "some studies." This has been established in biology, physiology and biochemistry for centuries, and it's also common sense as our cells are composed of saturated fats and especially cholesterol — which is why we need a lot of these animal fats to stay healthy and be able to repair any damage. And yes, these fats are crucial for hormone production and brain health, as our brain is essentially made of animal fats.

> *"And when it comes to heart health, the real enemy might not be saturated fat — but rather the processed junk we've been told is good for us."*

Again, saturated fats are natural. It's a crucial component of our body and all our cells. It can never be toxic or cause damage, not unless it's been damaged by high heat or comes from a plant-based source. And again, humans are obligate hyper carnivores, so we should never consume any plant-based garbage to begin with and we should not cook our food, and if we must, it should be on low heat and only for a very short time.
As for cardiovascular disease and heart damage, that is caused by elevated blood glucose from carbohydrates as well as unsaturated fats from seed/vegetable oils.

Making the Switch to Beef Tallow is a Good Thing

> *“Beef tallow is more than just a cooking fat — it’s a throwback to traditional nutrition.*
>
> *It’s flavorful, stable, and free of the junk that comes with seed oils. No weird additives. No chemical solvents. Just real food.*
>
> *Restaurants are catching on. Home cooks are making the switch. And the health world is finally giving beef tallow the credit it deserves.”*

Yes Matt, for the first time we agree on something. Beef tallow is a very good source of animal fats, and if you really need to cook your food, it’s the best alternative followed by butter and lard.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I’m available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you’re interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!

If you wish to support my work